The Mental
Health
Association of
South Central
Kansas

What We Do

The Mental Health Association of South Central Kansas (MHA) has been providing service for over 60 years in the areas of mental health education, advocacy and service. Throughout MHA's history, services have been created based on identified community needs, and alignment with our mission.

What We Do

• We focus on prevention, mentoring, intervention, and treatment over the full spectrum of ages, genders, degree of illness, and diagnoses that exist in our community. And these services are provided with five offices located across south central Kansas.

Actions Speak Louder than Words

- At MHA we are dedicated to the health and wellness of our staff/consumers and the community at large. As providers, we believe it is our responsibility to make organizational changes to improve quality of life.
- Our tobacco free initiative has been a positive experience.

Programs

- Adult Case Management
- Adult Support Services (Peer, Psychosocial groups, smoking cessation, Money Follows the person)
- Supported Employment (Career Success/Kessler, Vocational Rehabilitation, End-Dependence KS, SED/SSA Demonstration, Ticket to Work)
- Children's (Rehabilitation Services, Compeer Mentoring, Compeer Lunch Buddies, Paths for Kids, Pathways, Girl Empowerment, Boys 2 Men Empowerment)

Programs

- Kansas Works for Success
- Parenting Essentials/Classes
- Community Education
- Crime Victim Advocacy
- Mid Kansas Senior Outreach
- Senior Companion Program
- Elder Abuse Prevention
- Senior Housing
- Apartments
- Shared Housing (group homes)
- Homeless Services
- Veteran Housing

Programs/Counseling & Addiction Treatment

- Abuse Issues
- Addictions
- Anxiety and Phobias
- Attachment Issues
- Child and Adolescent Behavioral Problems
- Depression
- Dialectical Behavior Therapy (DBT)
- Eating Disorders
- Elderly Issues
- EMDR
- Grief and Loss
- Marriage and Family
- Post Traumatic Stress disorder
- Postpartum Anxiety and Depression

Tobacco Free Campus

- Preparation through focus groups/support,
 Wellness committee through 2015
- MHA has been a Tobacco Free Campus since January 2016.
- Initiated from top to bottom
- Reasons/advantages to become tobacco free were discussed in an all employee annual/departemental meeting

Structure/2016

- Wellness committee continued to foster healthy living
- Smoking/Tobacco Free policy
- Signage in all locations
- Tobacco free noted on the agency's website
- Applications reflect tobacco free environment
- Outlining the policy during interviews
- Training to all new staff (2nd and 3rd hand smoke)

Structure/2017

- Tobacco Treatment Specialist Training
- Train the Trainer through UMAS
- Statewide integrated work group through NAMI
- Continued all staff training
- Weekly smoking cessation groups
- Nine consumers quit smoking through working with a Tobacco Treatment Specialist
- Collect and report on data (consumers enrolled in smoking cessation program, quit attempts, NRT usage)

Structure/2018

- Train 10 members to become TTS's
- Open TTS training to others in the community
- Collect and report on data (consumers enrolled in smoking cessation program, quit attempts, NRT usage)

Success Stories